

Are the stock core lengths on DC1 and DC2 valid?



GeneralNguyen [Siesta] idag 06:26

I proposed a change of DC1 from 3h20m and 1h40m cores into 1h30m and 3h30m for dusk and dawn respectively and make this standard and for DC2, for 200m and 80m cores into 150m and 90m cores respectively for dusk and dawn
it's long to type it out tho :/

This report was created in order to analyze if there is any reason to accept GeneralNguyen's proposition. It's worth pointing out that in GeneralNguyen's post there's an error; the first core of DC2 is actually 160m, not 200m, which means that the proposition doesn't actually involve an alteration of total sleep times. In order to get as much necessary information as possible I have looked at people with the adapted DC1 and DC2 roles on Discord, as well as checked the posts from old Napgod to get users who aren't part of the server anymore. The +report - command has been used to a great extent to find information. I have reached out to people to verify information if their posts on Discord didn't reveal anything (as long as they're found), and some have replied to me. The subreddit has also been searched with the keywords "adapted DC1" and "adapted DC2". Some information is also pulled from the 2018 Polysurvey, though it has been edited to only contain the necessary details.

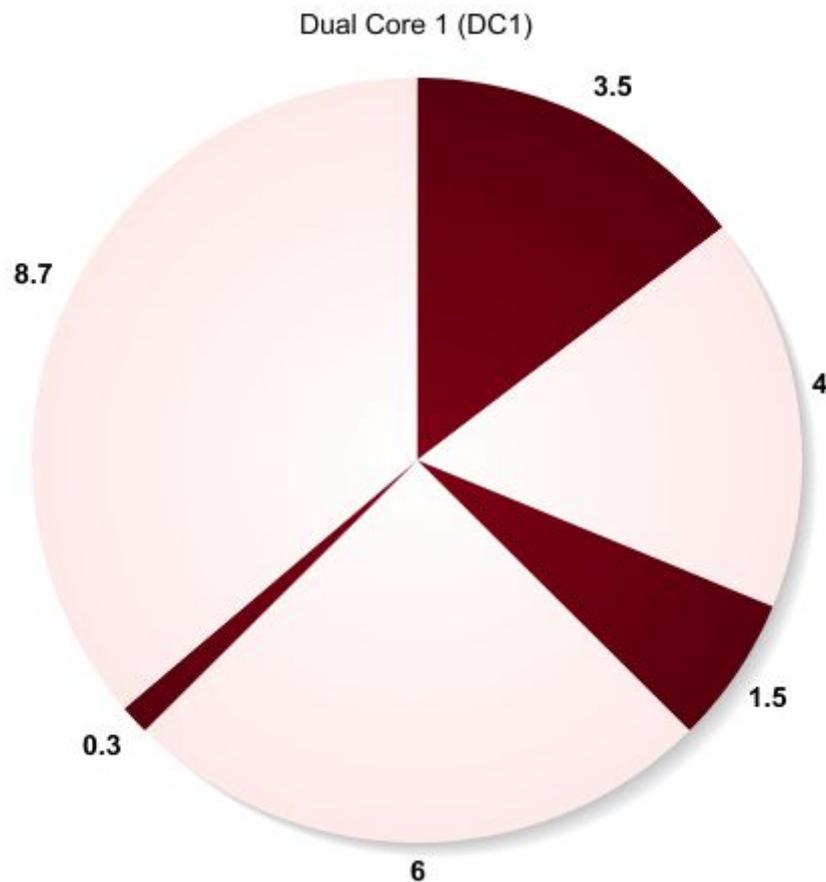
DC1

Introduction

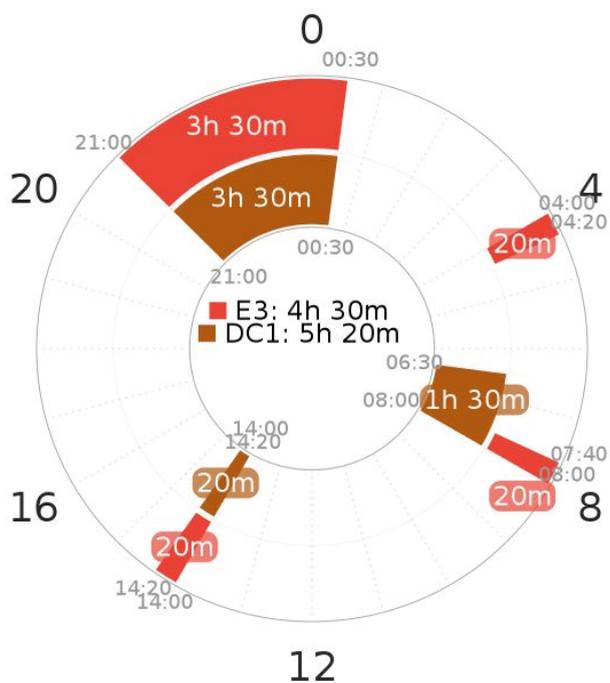
"The image above [\[https://napchart.com/4ipd9\]](https://napchart.com/4ipd9) represents a standard DC1 variant, but not the only variant you could follow. The idea was to follow a 100m sleep cycle (dusk sleep has 2 cycles lasting for 100m each, and dawn sleep has 1 cycle of 100m, lining up with dusk sleep). This makes sure total sleep of DC1 isn't too low (you can schedule so that both core sleeps should total at least 5 hours, so the dusk core can be 3.5h long, and dawn core can be 1.5h long, or both cores being 2.5h long)."

-GeneralNguyen's suggestion, Dual core page, polynet

Polyphasic society:



As we can see from this picture on Polyphasic society a 3,5h + 1,5h + 20m DC1 has been, at least at some point in time, a reasonable schedule. This schedule is banking heavily on the existence of the statistically likely REM period. It would be a reasonable schedule to use if one plans to adapt to E3 via rhythmic preservation, as the 90m cycles would be a great benefit in my opinion (as demonstrated in the picture below). This model puts cycle decompression into question, either by having decompression be a selective natural process (scheduled cycles need to line up with the planned compressed ones), or non-existent. The first alternative seems to be invalidated by Rob's experience with DC4, where his cycles supposedly compressed to 65m, which allowed him to wake up earlier from the second core, some peoples experience with E3-extended, where they started waking up after 4h instead of 4,5h, and other sporadically gained anecdotal evidence supporting compression. The second alternative will hopefully be proven/disproven when the EEG labeling project is finished. A third option is that compression only happens with certain people on certain schedules, which means that both versions of DC1 would be acceptable schedules.



Adapted people:

Polyphasic survey results:

	Which schedules have you tried, and which have you adapted to? [Dual core 1]	Schedule modifications (Edited to only include necessary information)
Xine#0146	Adapted successfully	
ThereamDream	Adapted successfully	Shortened the longer core at DC1 by 1 hour and it worked perfectly fine,
Username#0709	Adapted successfully	
Viper#8393	Adapted successfully	
Drathnix	Adapted successfully	
GeneralNguyen	Adapted successfully	

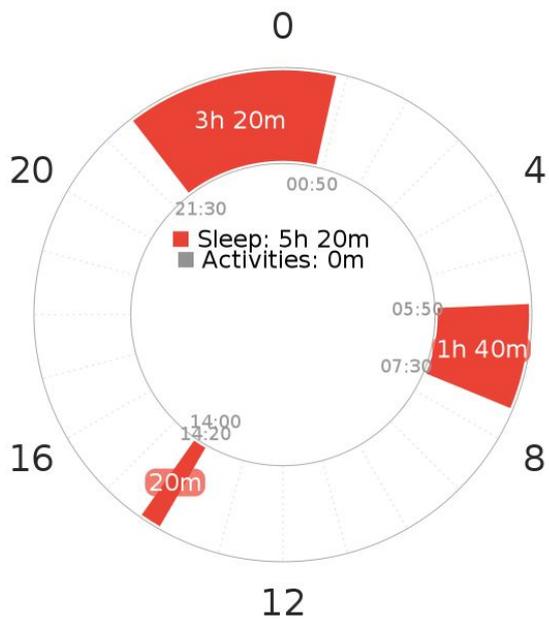
mdngls:

 **Crimson** Idag 13:11
<https://napchart.com/u7yzh>

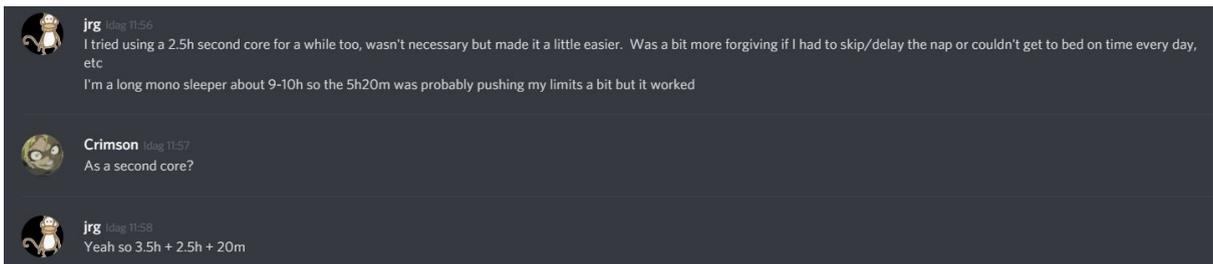
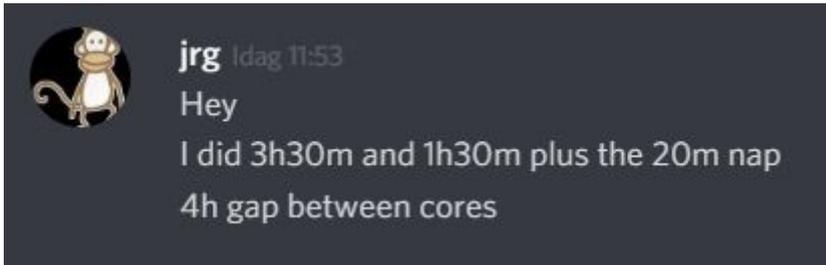
Napchart
 Napchart is an app created to visualize complex time schedules



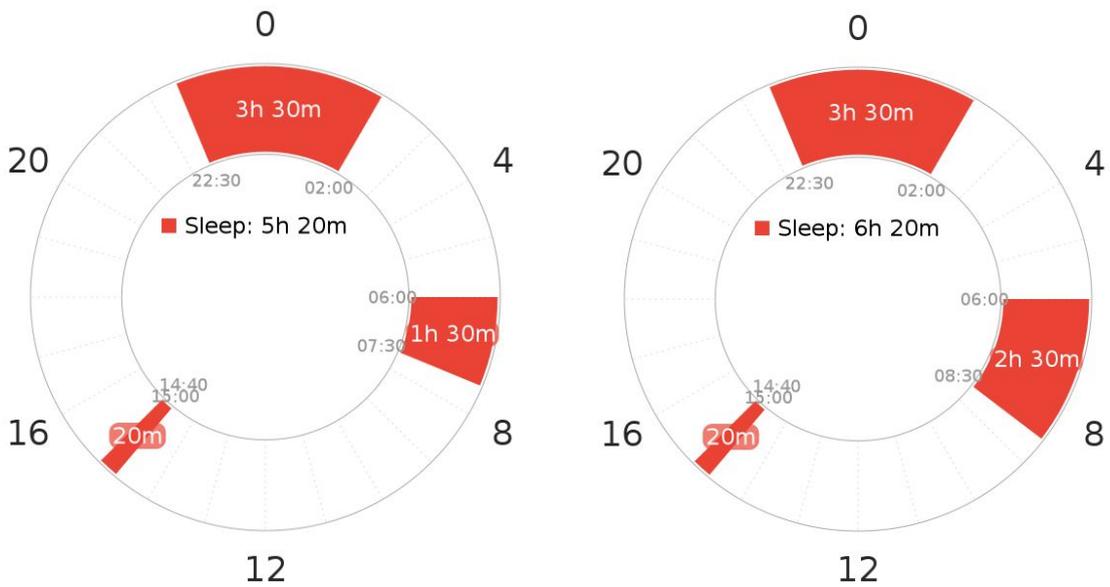
 **MagicMike** Idag 13:12
 Oh yup looking at it I remember it was the original one
 For sure



jrg:



As a visualization:



Kamei:

Kamei Idag 12:40
I did the standard variant, but I did mess around a bit with the core lengths - you'd ideally want to adjust it to your rhythm. DC1 was my way of getting back into poly, since I did E3 before it and caught a bad fever, so I had to stop. I can't remember my second core, but my first was closer to 3:10, as the E3 got me used to that.



Crimson Idag 12:44

So does that mean you maybe did a 3h10m + 1h30m?

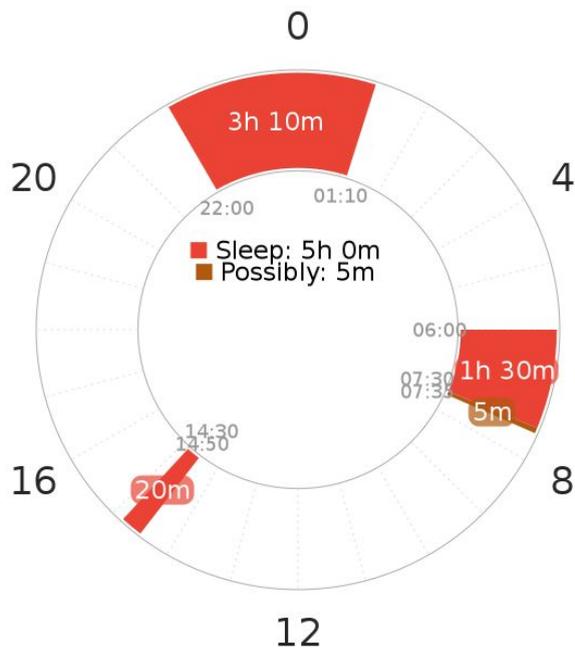


Kamei Idag 12:45

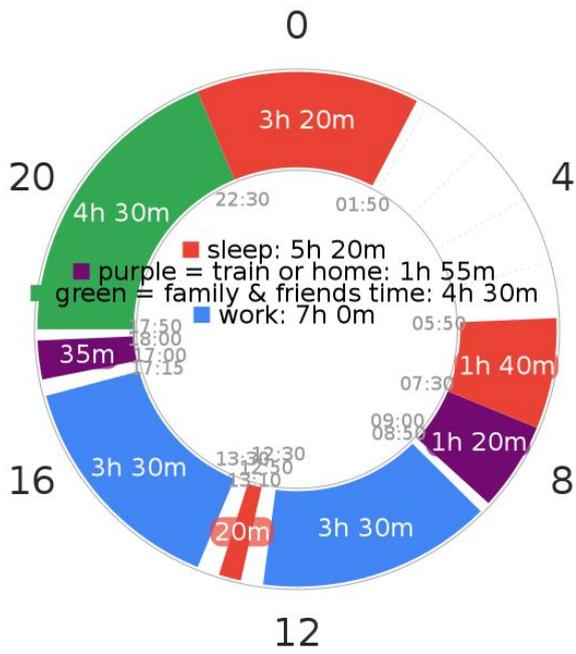
Yeah, that's right

- or at least, that would make the most sense

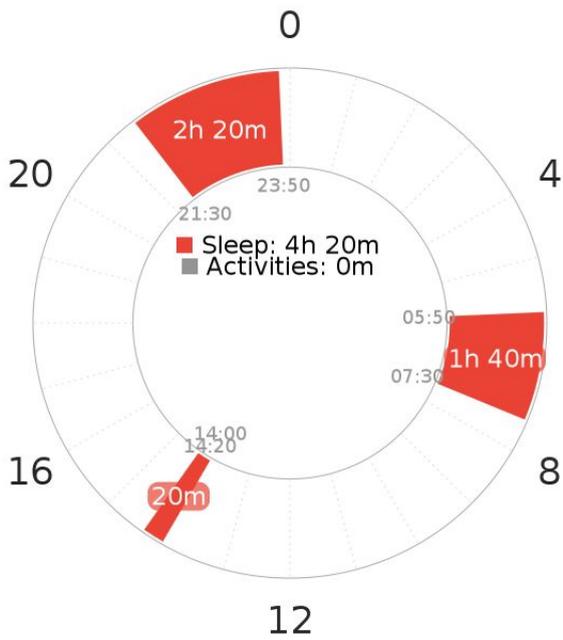
Because Kamei is unsure about the length of the second core, but remembers his first core, an assumption could be made that his cycles were 95m, so I'm only going to include that as a possibility.



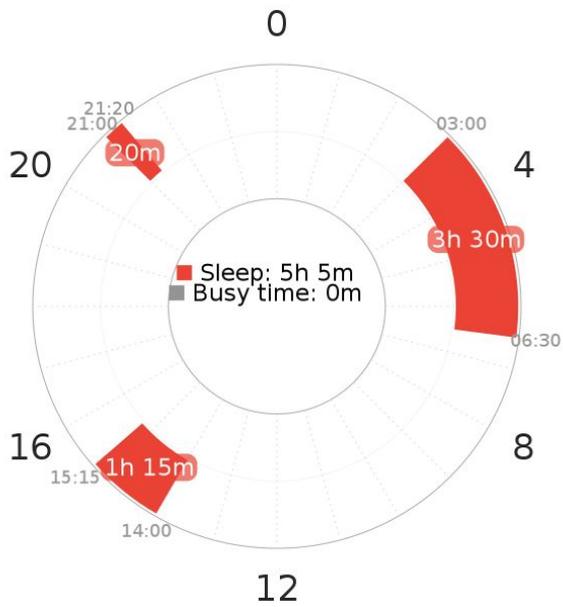
Xine:



ThereamDream:

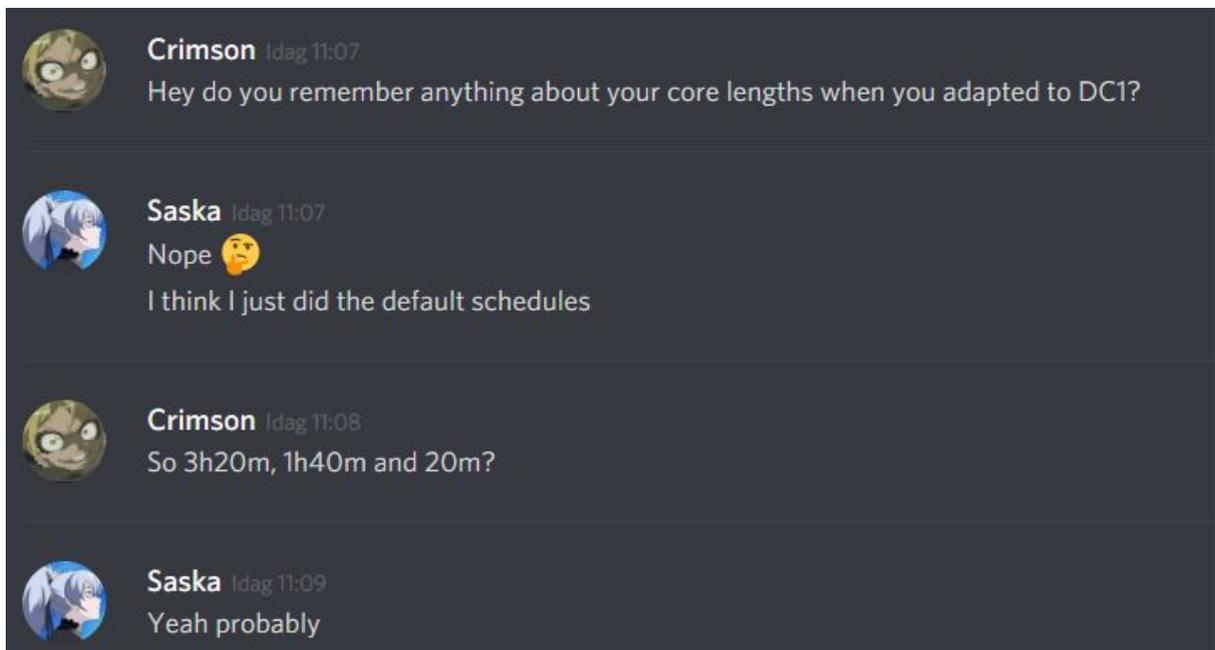


SakoGuru:

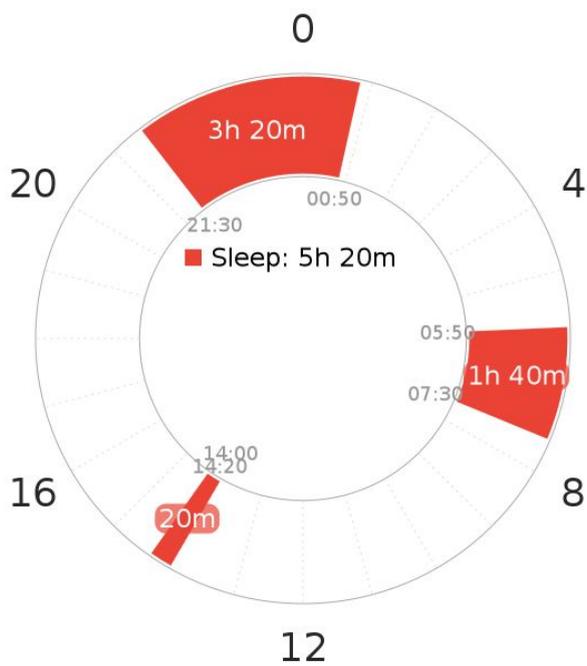


https://www.reddit.com/r/polyphasic/comments/5grxw/has_anyone_here_maintained_an_everman_2_or_3_for/dd8tnse/

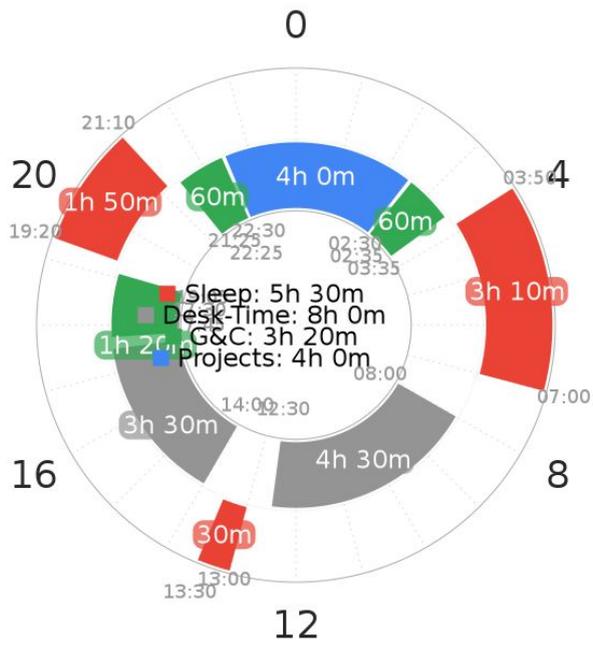
Saska:



As a visualization:

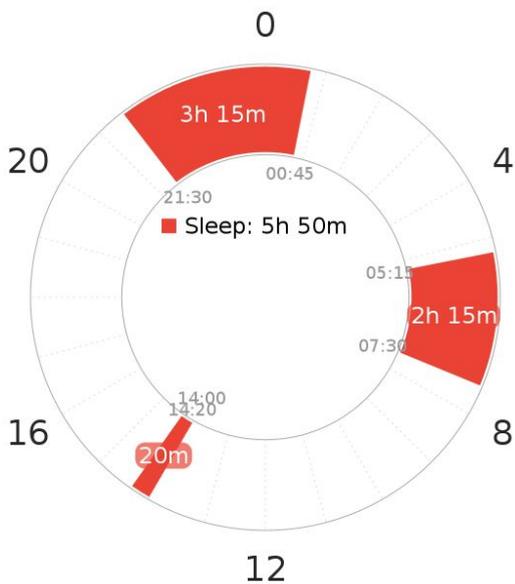


Tenninjas:



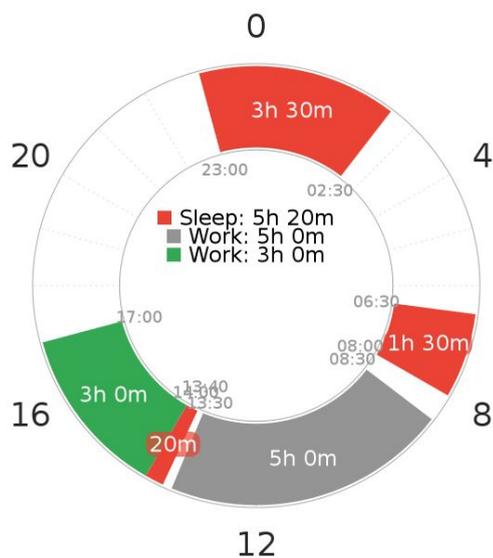
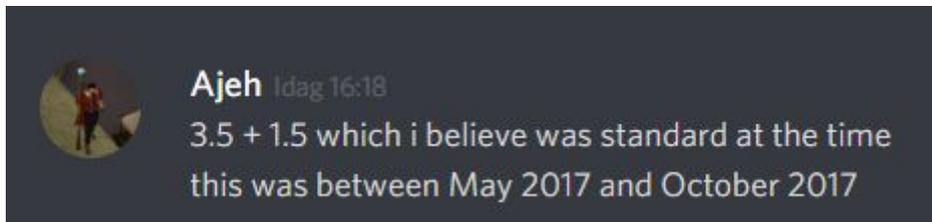
(https://www.reddit.com/r/polyphasic/comments/7b7ix6/its_all_the_same_except_for_the_different_bits/)

Thatfatdood:

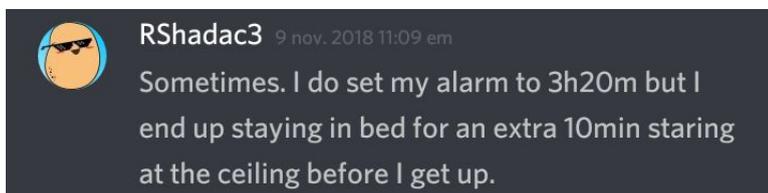


(https://www.reddit.com/r/polyphasic/comments/3doks/my_adaptation_plan_for_dc1/)

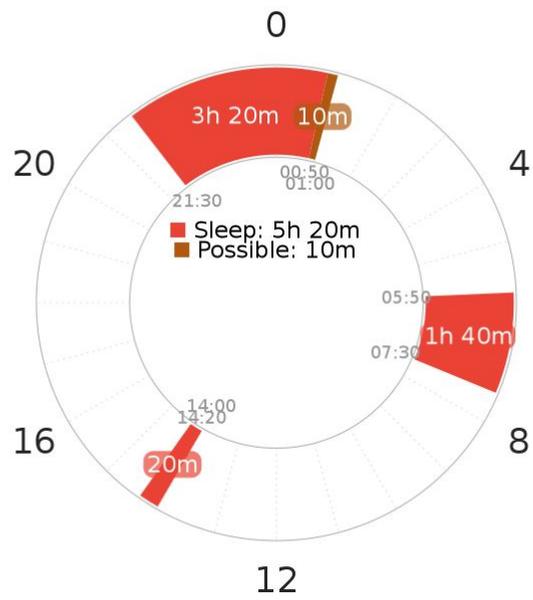
Ajeh:



RShadac3:

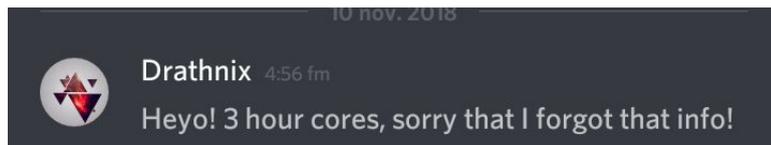


Because of the latter chat box I'll mark the first core as 3h20m plus a potential 10m extra sleep

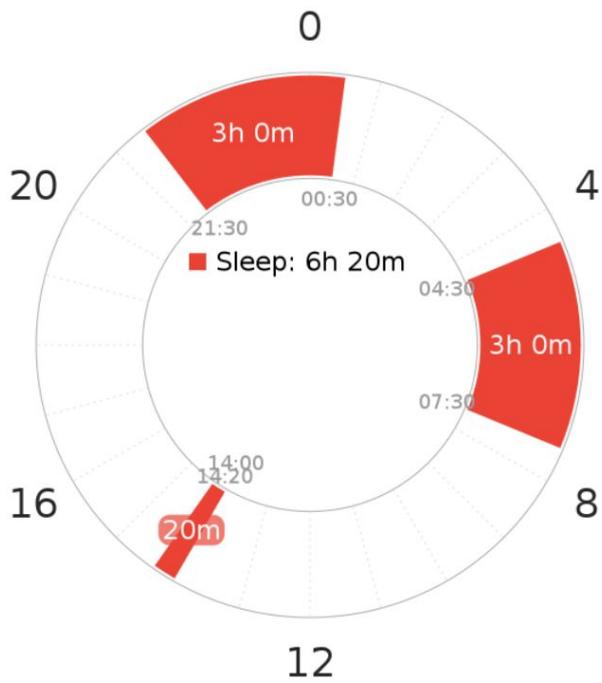


Visualized:

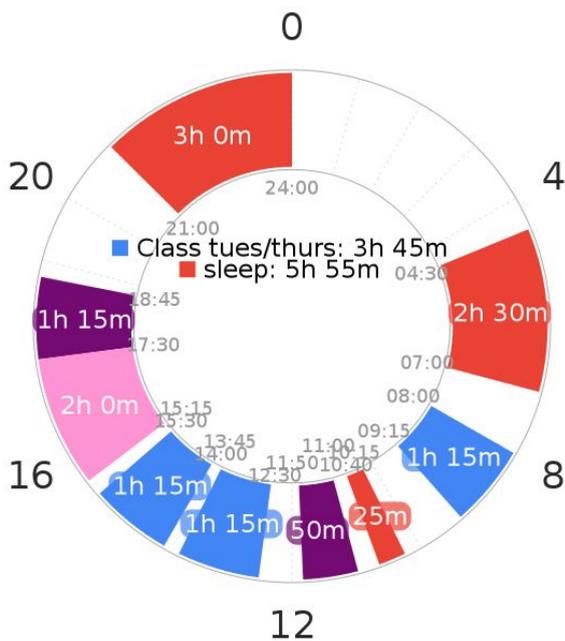
Drathix:



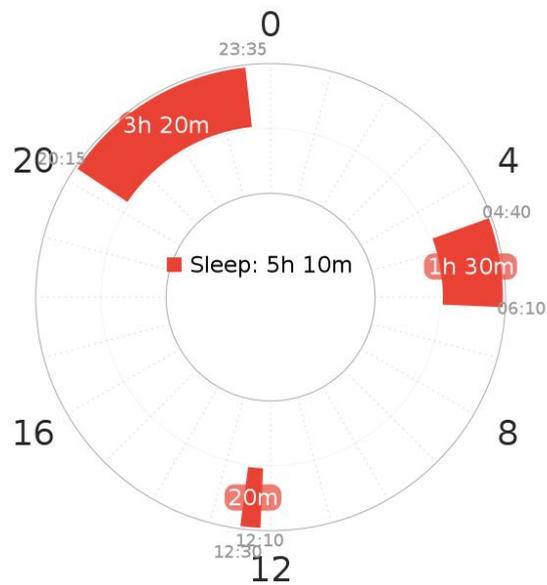
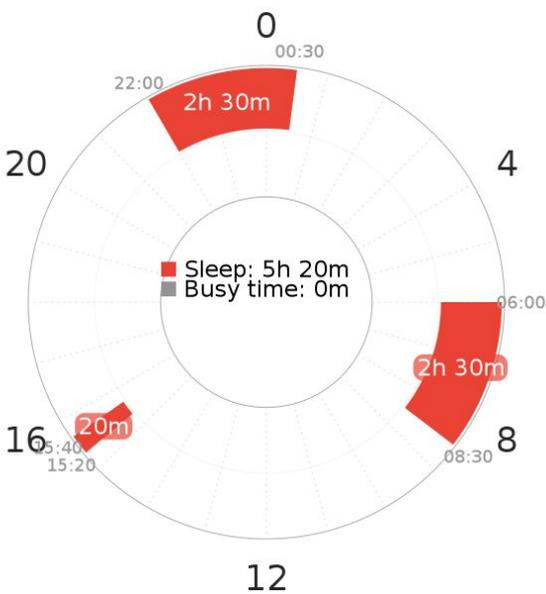
Visualized:



Bunny Bao's napchart:



GeneralNguyen's napcharts:



Unable to contact:

- LichTerLoh
 - Miguelinileugim
- did not remember his core lengths

- Rehcan
- Viper
- Hlime87
- FakeID:

Note this person claims to have adapted in 3 days. He did stick to the schedule for 3 weeks, and has the DEC2 mutation, but this could be handled with a grain of salt.

Analysis:

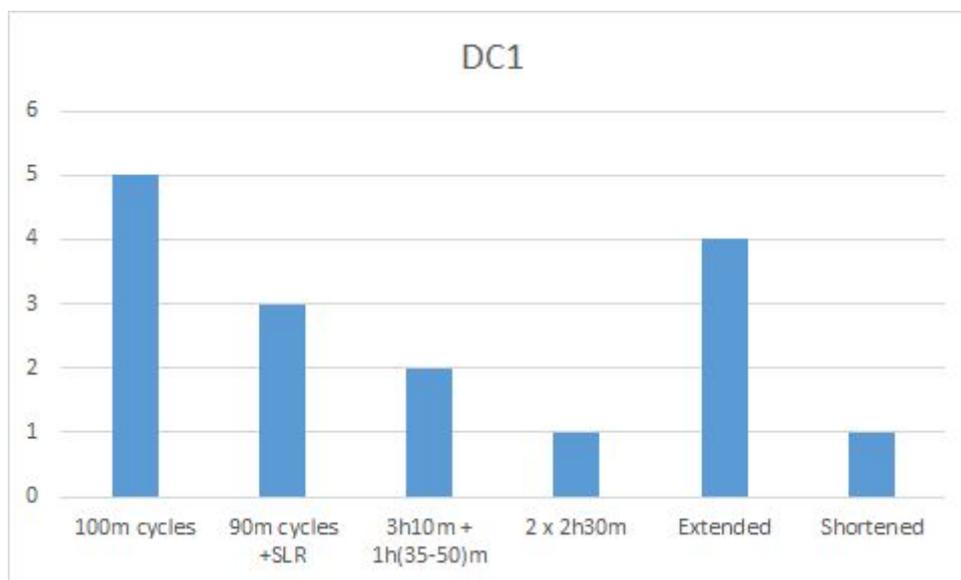
The following data can be gathered from the schedules above:

Core 1	Core 2	# people
3h20m	1h40m	4
3h30m	1h30m	2
3h30m	2h30m	1
3h10m	1h35m	1
3h30m	1h15m	1
3h10m	1h50m	1
3h15m	2h15m	1
3h00m	2h30m	1
3h20m	1h30m	1
2h30m	2h30m	1
2h20m	1h40m	1
3h00m	3h00m	1

Which can be further approximated into the following categories:

100m cycles	5
90m cycles + SLR	3
3h10m + 1h(35-50)m	2
2 x 2h30m	1
Extended	4
Shortened	1

(SLR = Statistically Likely Rem period)



With his data one can conclude that both “100m cycles” and “90m cycles + SLR” have a large and similar amount of people who have adapted to them.

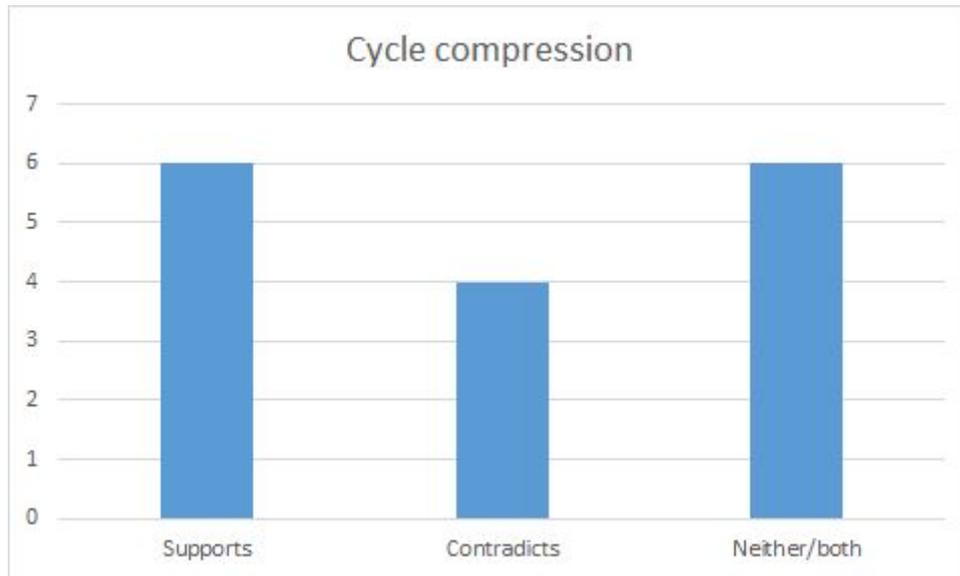
Discussion:

I’m unsure if GeneralNguyen has adapted to one or both of the DC1 variants.

Jrg’s experience with his second version of DC1 (3h30m + 2h30m) seems to add support for the existence of a statistically likely light sleep at 2,5h into a core. Talked about more in the DC2 part.

Both “100m cycles” and “90m cycles + SLR” seem to be valid ways one can schedule the DC1 cores, according to the data presented. I have also chosen to map out how many of the

schedules either support, contradict or do neither with the cycle compression hypothesis.



The "Neither/Both" block includes the following categories, because there are several factors that could skew the cycle lengths:

- Extended
- Shortened
- 2 x 2h30m

The 2 x 2h30m category is included because it neither supports nor contradicts the hypothesis. So based on this any conclusions regarding cycle lengths can still not be made.

All in all my recommendation regarding GeneralNguyen's proposal, with the data in mind, is to include both versions of DC1 in polynet, but to place the "90m cycles + SLR" in a separate subheading called "advanced scheduling alternatives" or something along those lines. I see no reason to mention the 2 x 2,5h scheduling possibility. If we decide to include it there should be very little effort put into talking about it.

DC2

Introduction:

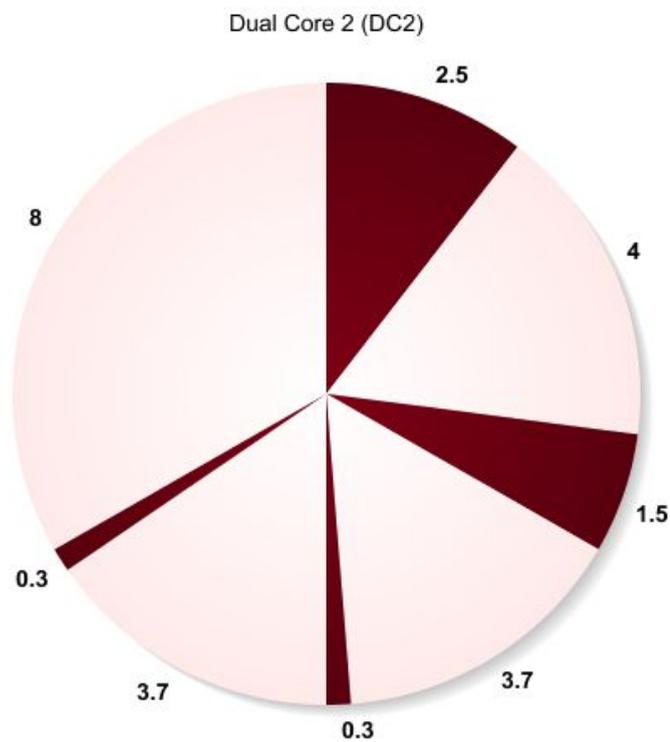
“One can adapt to DC2 with both cores totaling 4h, but that’s not the only possible variant to make DC2 work. One could start out with a 3h dusk core, and make the dawn core 1.5h long (90m cycle lining up with each other, and ensuring that one can still get 2 cycles in the first core). Later on, after adaptation is successful, dusk core can be reduced to 2.5h long with natural wake at this mark (GeneralNguyen’s experience after successful adaptation) and so both cores total 4h just like the sample schedule. This is based on GeneralNguyen’s theory of dusk sleep that for a 2.5h core, after the first cycle of 90m, the remaining 60m will contain a second period of SWS and there’s possibly some NREM2 before REM stage. However, whether 2.5h core length applies to dawn sleep in a Dual Core schedule remains to be seen.”

-GeneralNguyen’s suggestion, Dual core page, polynet.

I want to point out that the text highlighted in cyan is based on a baseless assumption, but could possibly have some truth behind it (as talked about in the next part).

A possible alternative explanation regarding GeneralNguyen’s core lengths (2h30m + 1h30m) is that because the cores are very early shifted the second one could possibly need to have a larger amount of total sleep in it in order to accommodate for the REM need. Both the first and second cores are expected to contain SWS due to the close placement to the SWS peak, which takes up potential REM time from the second core.

Polyphasic Society:



As we can see from this picture on Polyphasic society a 2,5h + 1,5h + 2 x 20m DC2 has been, at least at some point in time, a reasonable schedule. The 2,5h first core does intuitively seem a bit odd, but when Arteis was asked about light sleep at the 2,5h mark on his EEG readings (Adapted Segmented), he replied that he had that almost every day. This would explain why the cores can have early wakes at 2h30m without necessarily compressing the cycles. We will have to wait and see what statistics we gather after the EEG labeling project is finished for this one.

Adapted people:

Polyphasic survey results:

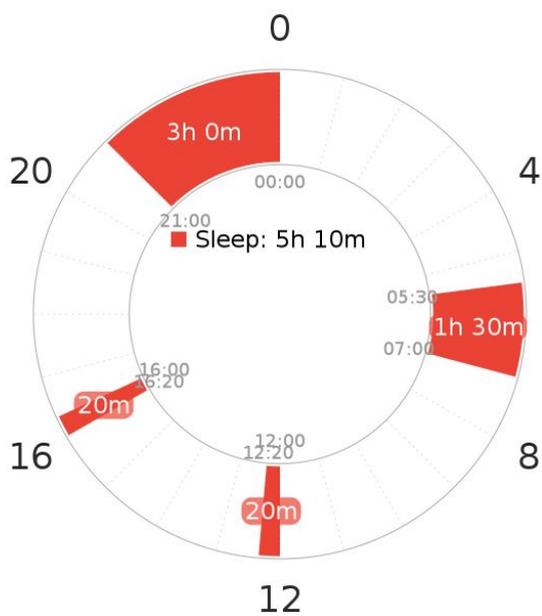
	Which schedules have you tried, and which have you adapted to? [Dual core 2]	Schedule modifications (Edited to only include necessary information)
Username#0709 (mdngls)	Adapted successfully	

generalNguyen	Adapted successfully	DC2 with 3h dusk core (later on reduced to 2.5)
RShadac3#6309	Adapted successfully	

mdngls:



Suspected he adapted to this:



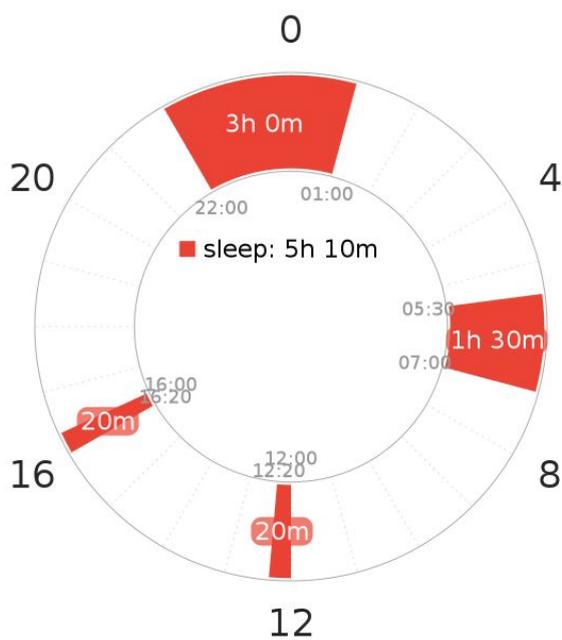
Miguelinileugim



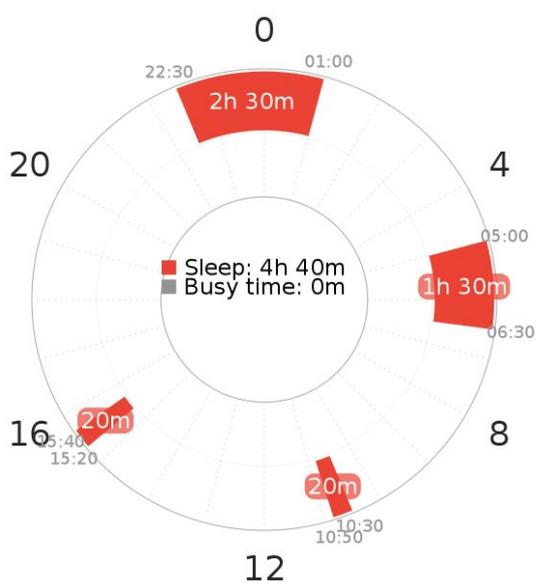
Miguelinileugim 1:47 em

I do remember that a 3:00-1:30 combo plus two naps did work. I am

As a visualization:



Mau Mau's napchart:

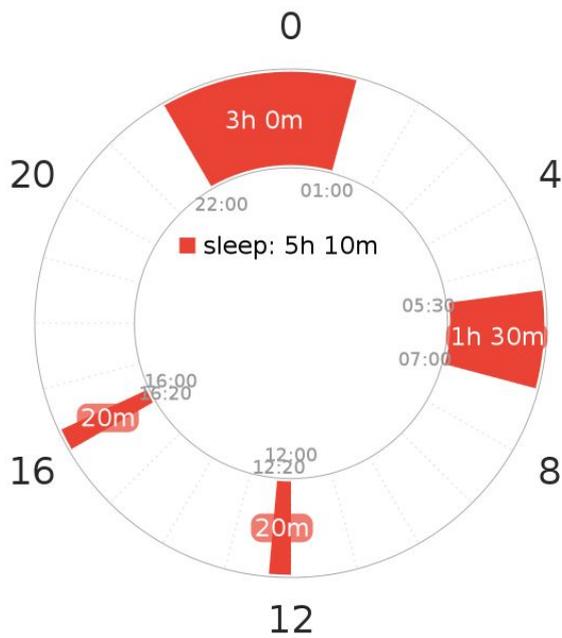


Saska:

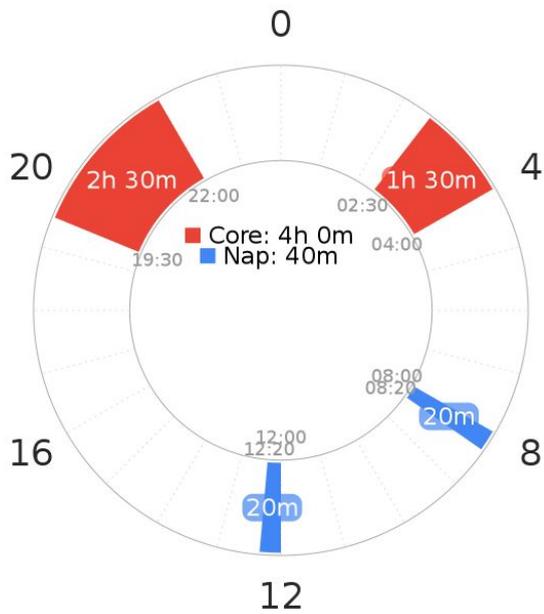
 **Crimson** 2018-07-21
Hey when you adapted to DC2 did you do it with 80m or 90m cycles?

 **Saska** 2018-07-21
I think 90
My natural cycle length is quite long in a first place

As a visualization:



GeneralNguyen:



Unable to contact:

- sooperwoman11
- LichTerLoh
- RShadac3

Analysis:

the following data can be gathered from the schedules above:

90m cycles	3
2h30m Light sleep block	2



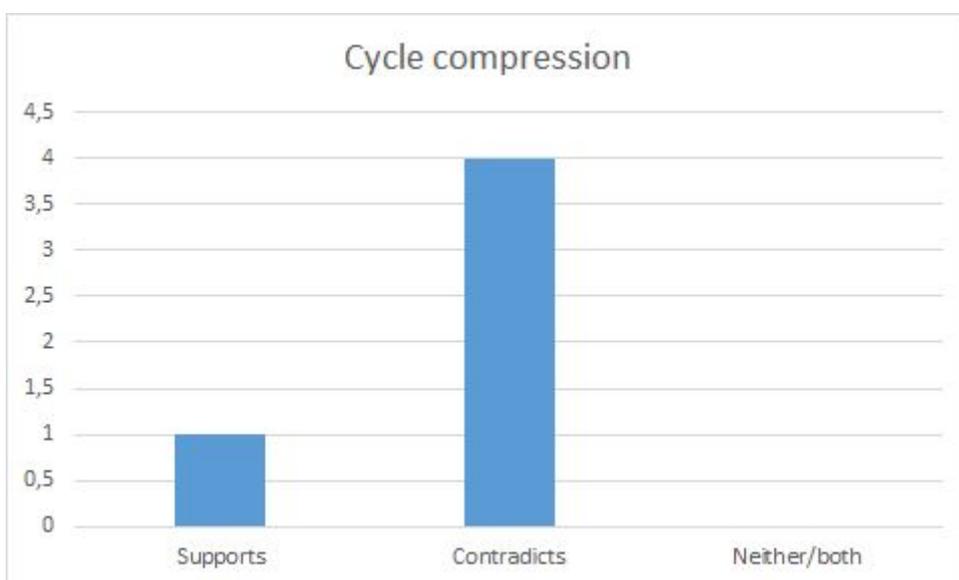
Both of these categories have a similar number of people.

Discussion:

The amount of data is clearly lacking based on the sample size of specific schedules adapters, and having the input from the people whom I was unable to contact could possibly alter the results a lot.

This alternative explanation provided in the Introduction is not supported with Mau Mau's napchart. It could even possibly be invalidated.

Because of Saska's statement "My cycle length is quite long in the first place", the following statistics can be presented regarding cycle compression:



This is pretty long-drawn, as there's no actual evidence that the cycles did compress. Light sleep could have been inserted before the wake because of wake time programming. But it's the closest statement to even possibly suggest the cycles compressed.

So all in all its evident that the napchart for DC2 should be altered in the updated polynet website into either the "90m cycle lengths" version or the "2h30m + 90m" one. In my opinion the "90m cycle lengths" makes more sense, because at least 4 of the 5 people above did originally schedule their cores to be 3h + 1h30m long. Both the "80m cycles" compressed and "2h30m + 90m" versions could be talked about in the same page as possible outcomes for adapting to the "90m cycle lengths" schedule, with more emphasis placed on the "2h30m + 90m" one.